

EDITORIAL NOTE: Although designed for a Chinese population, this module could be adapted easily for an American population by removing the reference to jins in J7 and perhaps replacing kilograms and centimeters with pounds and inches.

**MEN’S HEALTH STUDY IN SHANGHAI**

**SECTION J. BODY SIZE**

J1. As an adult, what is your (his) height in centimeters?

CM

Don't know ..... 888

J2. As an adult, what is your (his) usual weight in kilograms?

KG

Don't know ..... 888

J3. When you were (he was) about 8-9 years old, compared to other boys your (his) age, were you (was he)...?

Short..... 1

Somewhat short..... 2

Average height..... 3

Somewhat tall..... 4

Yes ..... 1  
 No ..... 2

J8. As an adult, what was your (his) highest weight?

|\_|\_|\_|  
 KG

J9. At what age did you (he) first reach this highest weight?

|\_|\_|  
 AGE

J10. For how many years or months were you (was he) at this highest weight?

|\_|\_| Years ..... 1  
 Months ..... 2

## SECTION K. PHYSICAL MEASUREMENTS

NOTE: Each measurement is to be taken twice, and the difference between the measurements is to be computed. If the difference exceeds the tolerance limits given below, a third measurement is to be taken and recorded.

K1. Standing height (cm)

|\_|\_|\_|.|\_|

K2. Waist circumference (cm)

First	Second	Difference	Tolerance	Third
_ _ _ . _	_ _ _ . _	_ _ _ . _	2.0	_ _ _ . _

K3. Hip circumference (cm)

First	Second	Difference	Tolerance	Third
_ _ _ . _	_ _ _ . _	_ _ _ . _	2.0	_ _ _ . _

K4. Right upper arm circumference (cm)

First	Second	Difference	Tolerance	Third
_ _ _ . _	_ _ _ . _	_ _ _ . _	2.0	_ _ _ . _

K5. Weight (kg)

|\_|\_|\_|.|\_|

K6. Type of earwax: (EXAMINE BY OTOSCOPE)

Wet .....	1
Dry .....	2
Mixture .....	3
Refused .....	7
Can't classify .....	8

K7. Chest hair density: (REFER TO PHOTOGRAPHS)

None.....	0
Sparse .....	1
Moderate .....	2
Dense .....	3
Very dense .....	4
Refused .....	7
Can't classify .....	8